MICARDIS® (telmisartan) tablets 20•40•80 mg

Patient's Blood Pressure Tracking Record

Patient's Name: _____

Date	Left Arm	Right Arm

Directions for use

Every time you get your blood pressure checked, note the date and the result (for example, 140/90) in the appropriate box. Your blood pressure can vary from one arm to the next so it's important to record whether your pressure was taken from your left or your right arm.

Keeping good track of your blood pressure helps your healthcare provider take good care of you! Let your provider know if you have any questions or concerns.

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Notes:

MICARDIS is a prescription medicine used to treat high blood pressure (hypertension), and in certain high-risk people aged 55 years and older, to help lower their risk of having certain cardiovascular problems such as stroke, heart attack, or death. Talk to your doctor to see whether MICARDIS is appropriate for you.

IMPORTANT SAFETY INFORMATION
MICARDIS® (telmisartan) tablets are not for pregnant women. Taking MICARDIS during pregnancy can cause injury and even death to your unborn baby. If you get pregnant, stop taking MICARDIS and call your doctor right away. If you plan to become pregnant or breastfeed, talk to your doctor about other ways to lower your blood pressure. The most serious side effects with MICARDIS are low blood pressure and kidney problems. Other rare but serious side effects may occur. Before taking MICARDIS, tell your doctor if you have liver, kidney or heart problems, and about all other medications you are taking.

Please see full Prescribing Information, including Boxed WARNING, for MICARDIS at mymicardis.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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